

This formulary is a guide to prescribing gluten free products for patients with coeliac disease (CD) or dermatitis herpetiformis (DH) and should meet the needs of the majority of the CD and DH population in this age group.

People with CD have a varying nutritional requirement for gluten free foods depending on their age, gender, occupation and lifestyles and the table below shows the approximate monthly requirements of gluten free products for various patient groups allowed to be prescribed. If a patient feels that they need additional products this would need to be agreed by a dietitian following a review.

Gluten free products such as sweet biscuits, cookies, shortbread and cakes should be self-funded by the patient as they are widely available in shops and they are not thought to be essential to the diet. They are also considered to be contrary to the NHS public health messages about healthy eating and therefore not included in this formulary.

What to prescribe and in what quantity (number of units):

MONTHLY GLUTEN FREE FOOD PRESCRIPTION REQUIREMENTS	
AGE	SUGGESTED NUMBER OF UNITS PER MONTH
CHILD 1-3 YEARS	10
CHILD 4-6 YEARS	11
CHILD 7-10YEARS	13
CHILD 11-14 YEARS	15
CHILD 15-18 YEARS	18
MALE 19-59 YEARS	18
MALE 60-74 YEARS	16
MALE 75+ YEARS	14
FEMALE 19-74 YEARS	14
FEMALE 75+ YEARS	12
BREASTFEEDING	ADD 4 UNITS
3 RD TRIMESTER PREGNANCY	ADD 1 UNIT
HIGH PHYSICAL ACTIVITY LEVEL	ADD 4 UNITS
FOOD ITEM	NUMBER OF UNITS
400G LOAF/BREAD/BAGUETTE	1
100G - 250G ROLLS/ BAGUETTES	0.5
250G - 400G ROLLS/BAGUETTES	1
500G BREAD MIX/FLOUR MIX	2
200G CRACKERS/CRISPBREADS	1
250G PASTA	1
2X PIZZA BASES	1
500G OATS	1.5
300G BREAKFAST CEREAL	1.5
100G – 170G XANTHAN GUM	1

GLUTEN FREE FORMULARY

NHS Lanarkshire

JANUARY 2014

● PRODUCTS CONTAINING CODEX WHEAT STARCH WHICH IS SAFE IN COELIAC PATIENTS

ITEM	PIP CODE	PACK SIZES/QUANTITIES	UNITS
BREAD/LOAVES			
DIETARY SPECIALS: GLUTEN FREE			
LOAF SLICED MULTIGRAIN BROWN	289-8690	1X400G	1
LOAF SLICED MULTIGRAIN WHITE	306-8541	1X400G	1
GENIUS: GLUTEN FREE			
LOAF UNSLICED BROWN	357-8325	8X400G MINIMUM ORDER	8
LOAF UNSLICED WHITE	357-8333	8X400G MINIMUM ORDER	8
LOAF SANDWICH BROWN SLICED	379-8550	6X535G MINIMUM ORDER	6
LOAF SANDWICH WHITE SLICED	379-8568	6X535G MINIMUM ORDER	6
LOAF SLICED FRESH BROWN	370-0440	8X400G MINIMUM ORDER	8
LOAF SLICED FRESH WHITE	370-0432	8X400G MINIMUM ORDER	8
GLUTAFIN: GLUTEN AND WHEAT FREE			
LOAF SLICED FIBRE	237-7356	1X400G	1
LOAF SLICED WHITE	090-4268	1X400G	1
GLUTAFIN SELECT: GLUTEN FREE			
LOAF SLICED FRESH BROWN ●	330-6800	8X400G MINIMUM ORDER	8
LOAF SLICED FRESH WHITE ●	290-6840	8X400G MINIMUM ORDER	8
LOAF SLICED FIBRE ●	054-6101	1X400G	1
LOAF SLICED WHITE ●	054-6093	1X400G	1
LOAF SLICED SEEDED ●	308-9364	1X400G	1
JUVELA: GLUTEN FREE			
LOAF SLICED FRESH FIBRE ●	339-9789	8x 400g MINIMUM ORDER	8
LOAF SLICED FRESH WHITE ●	322-0217	8x 400g MINIMUM ORDER	8
LOAF SLICED WHITE ●	074-8590	1X400G	1
LOAF SLICED FIBRE ●	074-8632	1X400G	1
LOAF UNSLICED WHITE ●	031-4781	1X400G	1
LOAF UNSLICED FIBRE ●	010-1675	1X400G	1
LOAF PART BAKED FIBRE ●	273-6890	1X400G	1
LOAF PART BAKED WHITE ●	273-6882	1X400G	1
LIFESTYLE: GLUTEN FREE			
LOAF SLICED FRESH BROWN ●	087-6557	1X400G	1
LOAF SLICED FRESH HIGH FIBRE ●	229-4254	1X400G	1
LOAF SLICED FRESH WHITE ●	087-6490	1X400G	1
LOAF UNSLICED FRESH BROWN ●	087-6698	1X400G	1
LOAF UNSLICED FRESH HIGH FIBRE ●	213-2959	1X400G	1
LOAF UNSLICED FRESH WHITE ●	087-6516	1X400G	1
ITEM	PIP CODE	PACK SIZES/QUANTITIES	UNITS

LIVWELL: GLUTEN, WHEAT AND MILK FREE			
LOAF SLICED WHITE	322-1173	200G	0.5
LOAF SLICED SEEDED	322-1181	200G	0.5
FLAT BREADS	339-8583	200G	0.5
FLAT BREADS NAAN	339-8951	2X 90G	0.5
WARBURTONS: GLUTEN AND WHEAT FREE			
LOAF SLICED WHITE	368-5260	1X 400G	1
LOAF SLICED BROWN	368-5278	1X 400G	1
ROLLS			
GLUTAFIN: GLUTEN AND WHEAT FREE			
ROLLS FIBRE 4X50G	344-3652	4X50G	0.5
ROLLS WHITE 4X50G	344-3645	4X50G	0.5
GLUTAFIN SELECT: GLUTEN FREE			
ROLLS PART-BAKED WHITE	344-2753	4X 50G	0.5
ROLLS PART-BAKED LONG	344-3637	2X 75G	0.5
JUVELA: GLUTEN FREE			
ROLLS FRESH FIBRE	● 355-6800	8X5X 85G MINIMUM ORDER	8
ROLLS FRESH WHITE	● 355-8871	8X5X 85G MINIMUM ORDER	8
ROLLS FIBRE	● 080-3668	5X 85G	1
ROLLS WHITE	● 010-5916	5X 85G	1
ROLLS PART-BAKED FIBRE	● 262-9020	5X 75G	1
ROLLS PART-BAKED WHITE	● 243-7267	5X 75G	1
LIFESTYLE: GLUTEN FREE			
ROLLS FRESH BROWN	● 264-1322	5X 80G	1
ROLLS FRESH HIGH FIBRE	● 224-0125	5X 80G	1
ROLLS FRESH WHITE	● 087-6706	5X 80G	1
LIVWELL: GLUTEN, WHEAT AND MILK FREE			
BAGUETTE WHITE	322-1199	1X250G	1
BUNS/ MUFFINS FOR TOASTING	335-4735	200G	0.5
ROLLS WHITE	322-1207	240G	0.5
ROLLS PART-BAKED BAGEL	335-4750	180G	0.5
ROLLS SQUARE DINNER/CIABBATTA	351-8552	160G	0.5
WARBURTONS: GLUTEN AND WHEAT FREE			
ROLLS WHITE	368-5286	3X 100G	1
ROLLS BROWN	368-5294	3X 100G	1

ITEM	PIP CODE	PACK SIZES/QUANTITIES	UNITS
CRACKERS AND CRISPBREAD			
GLUTAFIN: GLUTEN AND WHEAT FREE			
CRACKERS PLAIN	009-3302	1X 200G	1
CRACKERS HIGH FIBRE	018-7641	1X 200G	1
CRACKERS MINI	353-5515	1X 175G	1
JUVELA: GLUTEN FREE			
CRISPBREAD PLAIN	236-6136	1X 200G	1
FLOUR MIXES / HOME BAKING			
GLUTAFIN: GLUTEN AND WHEAT FREE			
FLOUR MIX MULTIPURPOSE FIBRE	231-2973	1X 500G	2
FLOUR MIX MULTIPURPOSE WHITE	231-2981	1X 500G	2
BREAD MIX	298-8418	1X 500G	2
BREAD MIX FIBRE	298-8426	1X 500G	2
GLUTAFIN SELECT: GLUTEN FREE			
FLOUR MIX BREAD FIBRE	● 297-9912	1X 500G	2
FLOUR MIX BREAD WHITE	● 274-4951	1X 500G	2
FLOUR MIX MULTIPURPOSE FIBRE	● 004-5591	1X 500G	2
FLOUR MIX MULTIPURPOSE WHITE	● 004-5187	1X 500G	2
JUVELA: GLUTEN FREE			
FLOUR MIX FIBRE	● 023-6042	1X 500G	2
FLOUR MIX PLAIN	● 035-2161	1X 500G	2
FLOUR MIX HARVEST	247-7875	1X 500G	2
ORGAN: GLUTEN FREE			
FLOUR MIX BREAD	273-4796	1X 450G	2
FLOUR MIX SELF-RAISING	273-4762	1X 500G	2
FLOUR MIX PASTRY AND PIZZA	270-7735	1X 375G	2
XANTHAM GUM / BAKING AIDS			
ENER-G			
XANTHAM GUM	272-4318	1X 170G	1
PURE			
PURE XANTHAM GUM	282-8572	1X 100G	1
ITEM	PIP CODE	PACK SIZES/QUANTITIES	UNITS

PASTA			
DIETARY SPECIALS: GLUTEN FREE			
PASTA FUSILLI	305-5019	1X 500G	2
PASTA PENNE	305-5027	1X 500G	2
PASTA SPAGHETTI	305-5043	1X 500G	2
GLUTAFIN: GLUTEN AND WHEAT FREE			
PASTA LASAGNE	215-5091	1X 250G	1
PASTA PENNE	211-5152	1X 500G	2
PASTA SHELLS	250-0676	1X 500G	2
PASTA SPIRALS/FUSILLI	211-5178	1X 500G	2
PASTA SPAGHETTI LONG	211-5160	1X 500G	2
PASTA TAGLIATELLE	215-5109	1X 250G	1
JUVELA: GLUTEN FREE			
PASTA FUSILLI	280-7980	1X 500G	2
PASTA LASAGNE	280-7972	1X 250G	1
PASTA MACARONI	280-8004	1X 500G	2
PASTA SPAGHETTI	280-7998	1X 500G	2
PASTA TAGLIATELLE	319-3497	1X 250G	1
PASTA PENNE FIBRE	332-8010	1X 500G	2
PIZZA BASES			
GLUTAFIN: GLUTEN AND WHEAT FREE			
PIZZA BASE	334-1112	2X 150G	1
JUVELA: GLUTEN FREE			
PIZZA BASE	265-4390	2X 180G	1
WELLFOODS: GLUTEN, WHEAT, DAIRY AND LACTOSE FREE			
FRESH PIZZA BASES	316-6154	2X300G	1
BREAKFAST CEREALS			
GLUTAFIN: GLUTEN AND WHEAT FREE			
CORNFLAKES	381-3748	1X375G	1.5
JUVELA: GLUTEN FREE			
FIBRE FLAKES	371-1660	1X 300G	1.5
PURE OATS	371-1678	1X 500G	1.5
SPECIAL FLAKES	371-1652	1X300G	1.5
NAIRNS: GLUTEN FREE			
PORRIDGE OATS	368-7332	1X 500G	1.5

REFERENCES;

GLUTEN –FREE FOODS: A PRESCRIBING GUIDE. COELIAC UK ,2004
ACBS, <http://cmu.dh.gov.uk/acbs/> Department of Health, 2011
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